

Gallinger's Guidelines



HJB Counseling and Guidance Program Newsletter

September 2009

Hope everyone had SWEET Pickle Summer and are in the “rebitting rhythm” of a new school year (that’s frog talk for “in the groove”). Counseling and guidance will be consistent with prior years, offering individual counseling, guidance groups, Guidance classroom lessons, parent consultation, and the peer mediation for the second year.

Peer Mediation is conducted by trained fifth graders who meet with pairs of students to help them solve small conflicts. Our team consists of nine students this year.

Introducing the HJB Peer Mediation Team for 2009-2010:

Nikki DeAngelis, Angela Vasishta, Hanna Bird, Jeffery Waskiewicz, Jessica Anderson, Karli Hemminger, Beth McMaster, Renee Crump, and Elena Maxey!

To begin the year, fifth graders are surveyed for what they learned in previous years and to choose goals for what they want to learn in their fifth grade Guidance Lessons. Their first lesson will be to practice “synergy” by building candy bridges. (See photo above). In groups of threes, they brainstorm ideas and then begin building a “bridge” out of tooth picks, gum drops and marshmallows. They enjoy this activity while learning that synergy means “together is better” and marvel at how different bridges look from each other!

Fourth graders will also be surveyed for what they remember from prior guidance lessons. They and will begin the year with a character lesson R E S P E C T. The lesson will have them expressing self-respect along with respect for other’s feelings, ideas, and differences.

Third grade will begin the year with a review of friendship skills and problem solving skills taught to them last year with the Kelso’s Choice Program. Second grade will be introduced to Kelso the frog puppet and the program teaching about the nine choices kids can make to solve small problems among their friends. Kelso, being a frog, is in his glory at HJB with the frog theme throughout the school building. First Grade will learn about “sweet and sour” feelings from “Pickle Pal” puppet, and Kindergarten will be introduced to Tuggles the “peaceable bear” puppet and stories from My Friends and Me program featuring “Willdo” and “Cando” to pretend kindergarteners who go looking for a peaceable place in the world. Ask your children to tell you about these characters.

Guidance Groups will start this month and students may sign a list stating their interest in one or more of the topics. Topics: Friendship building, Assertiveness, Anger and/or Anxiety management, Making good choices, and Life Changes like divorce in a family or the death of a family member. Parents may request their child be in a group and their permission is always required for any child to participate in a group.